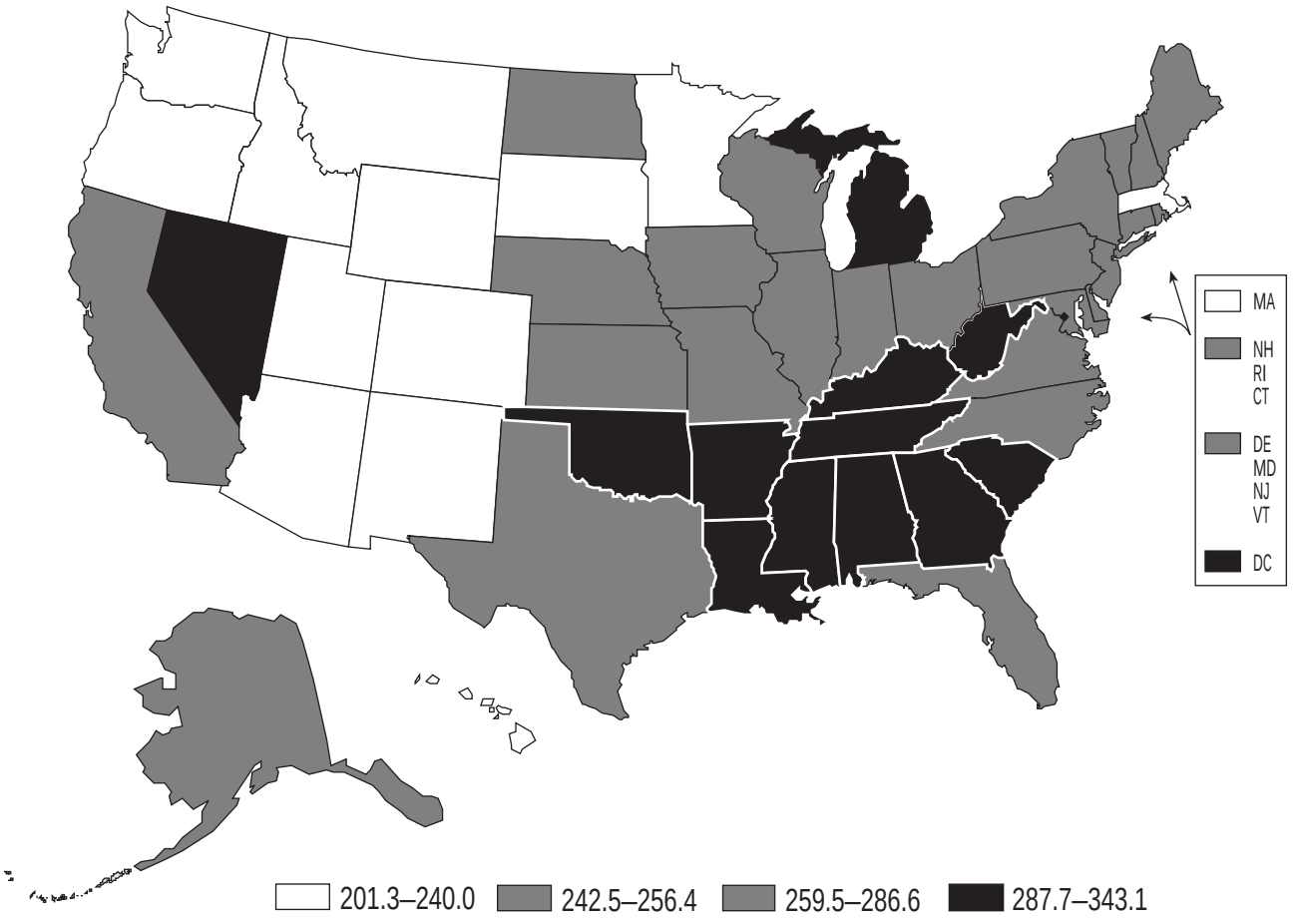
United States: Total Cardiovascular Diseases

Cardiovascular diseases (principally ischemic heart disease and stroke) are the nation's most common cause of death among both men and women of all racial and ethnic groups. Three health-related behaviors — tobacco use, insufficient physical activity, and poor nutrition — are the major risk factors for these diseases.

- Total cardiovascular diseases account for more than 40% of all deaths in the United States, killing more than 950,000 people in 1995.
- At least 50 million Americans have some form of cardiovascular disease, including high blood pressure.
- In 1995, death rates from total cardiovascular diseases were 36% higher among black than among white men and 48% higher among black than among white women.
- The American Heart Association estimates that the cost of cardiovascular diseases in the United States in 1997 is $259 billion, including health care costs and lost productivity resulting from illness and death.

Total Cardiovascular Diseases: 1995 Death Rate per 100,000 Population*



* All data are age adjusted, 1970 total U.S. population.

Rates of Death Due to Total Cardiovascular Diseases,* 1995**

Rank	State	Deaths per 100,000	Rank	State	Deaths per 100,000
1	Mississippi	343.1	27	New Hampshire	256.4
2	South Carolina	326.1	28	Rhode Island	254.5
3	Louisiana	306.0	29	North Dakota	250.2
4	Tennessee	302.2	30	Alaska	250.0
4	West Virginia	302.2	31	Maine	249.8
6	District of Columbia	300.4	32	Connecticut	248.1
7	Georgia	299.2	33	Kansas	246.7
8	Nevada	297.2	34	Iowa	246.3
9	Oklahoma	297.0	35	Wisconsin	245.0
10	Alabama	296.6	36	Nebraska	244.3
11	Kentucky	294.3	37	California	243.9
12	Michigan	292.5	38	Florida	242.5
13	Arkansas	287.7	39	South Dakota	240.0
14	Ohio	286.6	40	Wyoming	237.1
15	North Carolina	286.1	41	Arizona	235.0
16	New York	286.0	42	Massachusetts	228.9
17	Missouri	282.4	43	Oregon	228.3
18	Illinois	281.8	44	Hawaii	226.4
19	Indiana	280.0	45	Montana	222.3
20	Pennsylvania	279.9	46	New Mexico	220.7
21	Virginia	276.7	47	Washington	218.8
22	Delaware	267.6	48	Minnesota	217.3
23	Maryland	267.2	49	Idaho	215.0
24	New Jersey	264.4	50	Colorado	209.4
25	Texas	262.6	51	Utah	201.3
26	Vermont	259.5			

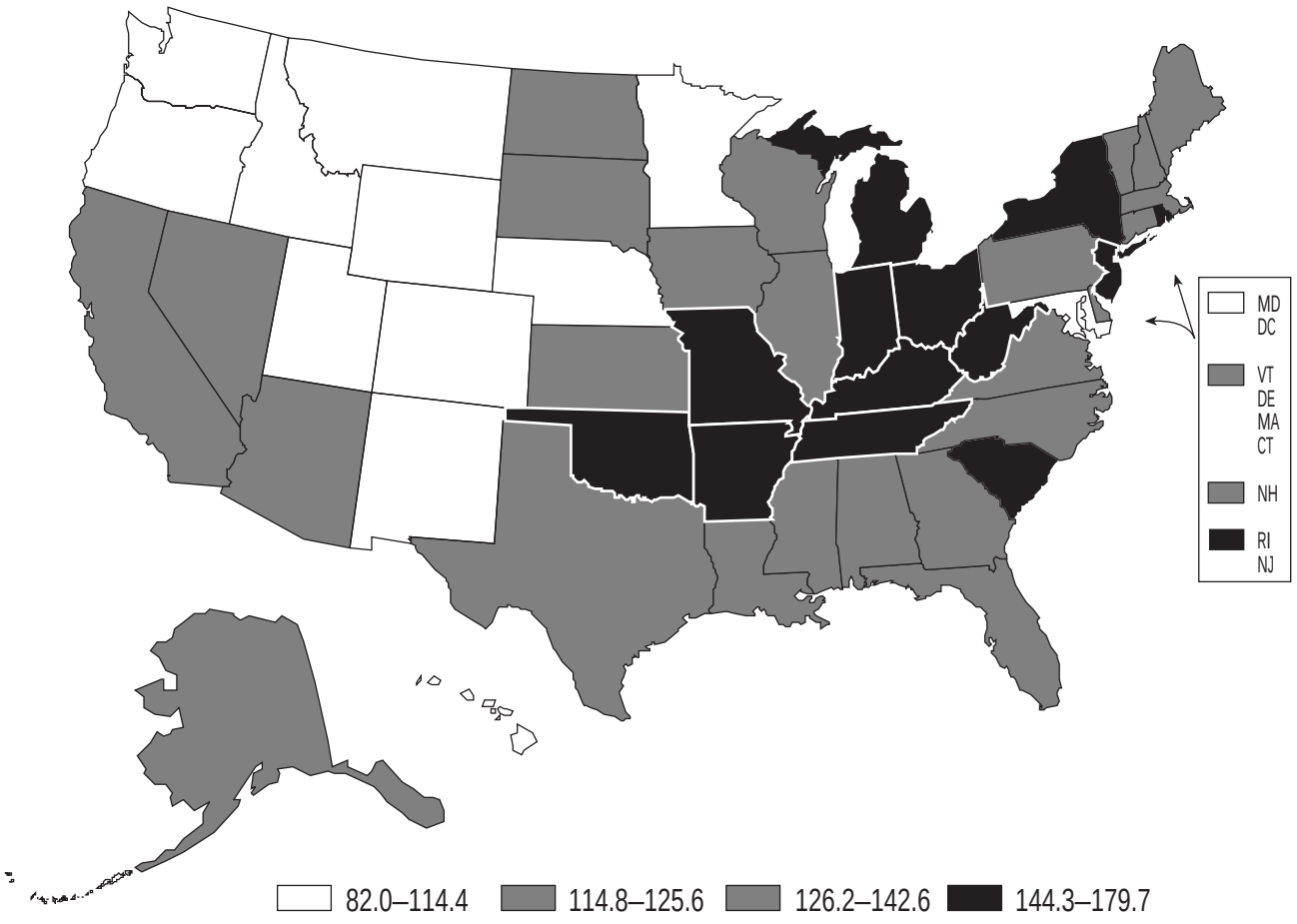
* ICD-9 codes: 390-459
**All data are age adjusted, 1970 total U.S. population.

United States: Ischemic Heart Disease

Ischemic heart disease, also called coronary heart disease or coronary artery disease, results from a reduced blood supply to the heart. Modifiable risk factors for ischemic heart disease include high blood pressure, elevated blood cholesterol, tobacco use, insufficient physical activity, poor nutrition, and environmental tobacco smoke. Modest changes in one or more of these risk factors can have a large public health impact.

- Ischemic heart disease accounts for over half of all deaths due to total cardiovascular diseases, killing more than 480,000 Americans in 1995.
- More than one in five deaths the United States each year are due to ischemic heart disease.

Ischemic Heart Disease: 1995 Death Rate per 100,000 Population*



* All data are age adjusted, 1970 total U.S. population.

Rates of Death Due to Ischemic Heart Disease,* 1995**

Rank	State	Deaths per 100,000	Rank	State	Deaths per 100,000
1	New York	179.7	27	Wisconsin	125.6
2	Oklahoma	157.6	28	California	124.6
3	Missouri	156.1	28	Vermont	124.6
4	West Virginia	154.9	30	Virginia	122.3
5	Tennessee	154.1	31	Kansas	120.9
6	Ohio	153.7	32	Arizona	120.8
7	South Carolina	153.2	33	Delaware	117.7
8	Rhode Island	153.0	34	Massachusetts	117.1
9	Kentucky	152.7	35	Alabama	116.8
10	Indiana	148.3	36	Alaska	115.3
11	Arkansas	147.1	37	Nevada	115.0
12	Michigan	146.7	38	Connecticut	114.8
13	New Jersey	144.3	39	Maryland	114.4
14	Illinois	142.6	40	Wyoming	113.6
15	North Carolina	142.2	41	Nebraska	112.2
16	Pennsylvania	140.2	42	Idaho	109.8
17	Louisiana	137.0	43	Oregon	109.6
18	New Hampshire	133.9	44	Minnesota	107.4
19	South Dakota	132.7	45	District of Columbia	100.5
20	Florida	132.0	46	Montana	96.4
21	Mississippi	131.5	47	Washington	96.2
22	Texas	131.1	48	Colorado	94.0
23	Maine	130.5	49	Utah	88.7
24	North Dakota	128.1	50	Hawaii	85.5
25	Iowa	127.7	51	New Mexico	82.0
26	Georgia	126.2			

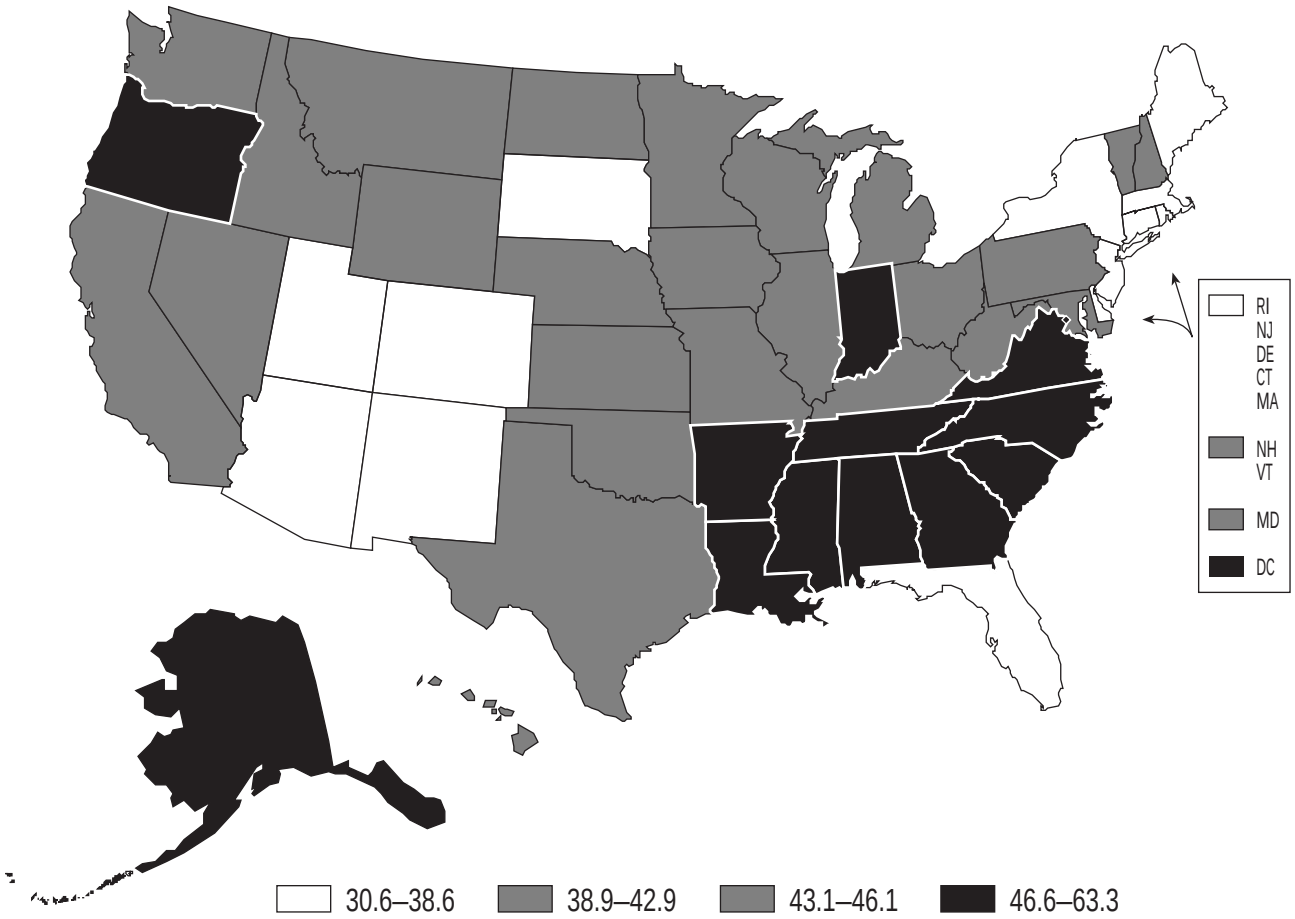
* ICD-9 codes: 410-414
**All data are age adjusted, 1970 total U.S. population.

United States: Stroke

Stroke, or cerebrovascular disease, is a major cause of death and disability in the United States. The major risk factors for stroke are tobacco use and uncontrolled hypertension. Primary prevention of stroke and its risk factors is key to reducing health care costs and improving the quality of life among older adults.

- Each year, more than 150,000 Americans die of stroke, and approximately 500,000 have nonfatal strokes.
- Stroke accounts for over 16% of deaths due to total cardiovascular diseases.
- The incidence of stroke is strongly related to age. Only about 28% of stroke victims are younger than age 65.
- In 1995, death rates from stroke were 58% higher among blacks than whites.

Stroke: 1995 Death Rate per 100,000 Population*



* All data are age adjusted, 1970 total U.S. population.

Rates of Death Due to Stroke,* 1995**

Rank	State	Deaths per 100,000	Rank	State	Deaths per 100,000
1	South Carolina	63.3	27	California	42.9
2	Tennessee	56.0	28	Wisconsin	42.7
3	Arkansas	54.7	29	Minnesota	42.6
4	North Carolina	54.6	30	West Virginia	41.3
5	Mississippi	51.7	31	Kansas	41.0
6	Georgia	51.1	31	Ohio	41.0
7	Alaska	51.0	33	Pennsylvania	40.6
8	District of Columbia	50.5	34	Iowa	39.7
9	Oregon	48.7	34	Nebraska	39.7
10	Virginia	48.6	36	New Hampshire	39.6
11	Louisiana	48.2	37	Vermont	39.0
12	Indiana	47.3	38	Idaho	38.9
13	Alabama	46.6	39	South Dakota	38.6
14	Oklahoma	46.1	40	Utah	38.5
15	Michigan	45.6	41	Arizona	37.1
15	Wyoming	45.6	42	New Jersey	36.8
17	Texas	45.0	42	Rhode Island	36.8
18	Missouri	44.6	44	Delaware	36.6
19	Maryland	44.5	44	Florida	36.6
20	Montana	44.3	44	Maine	36.6
20	Nevada	44.3	47	Colorado	36.2
22	Illinois	44.0	48	Connecticut	36.1
22	Kentucky	44.0	49	New Mexico	35.5
24	Hawaii	43.9	50	Massachusetts	34.4
25	Washington	43.8	51	New York	30.6
26	North Dakota	43.1			

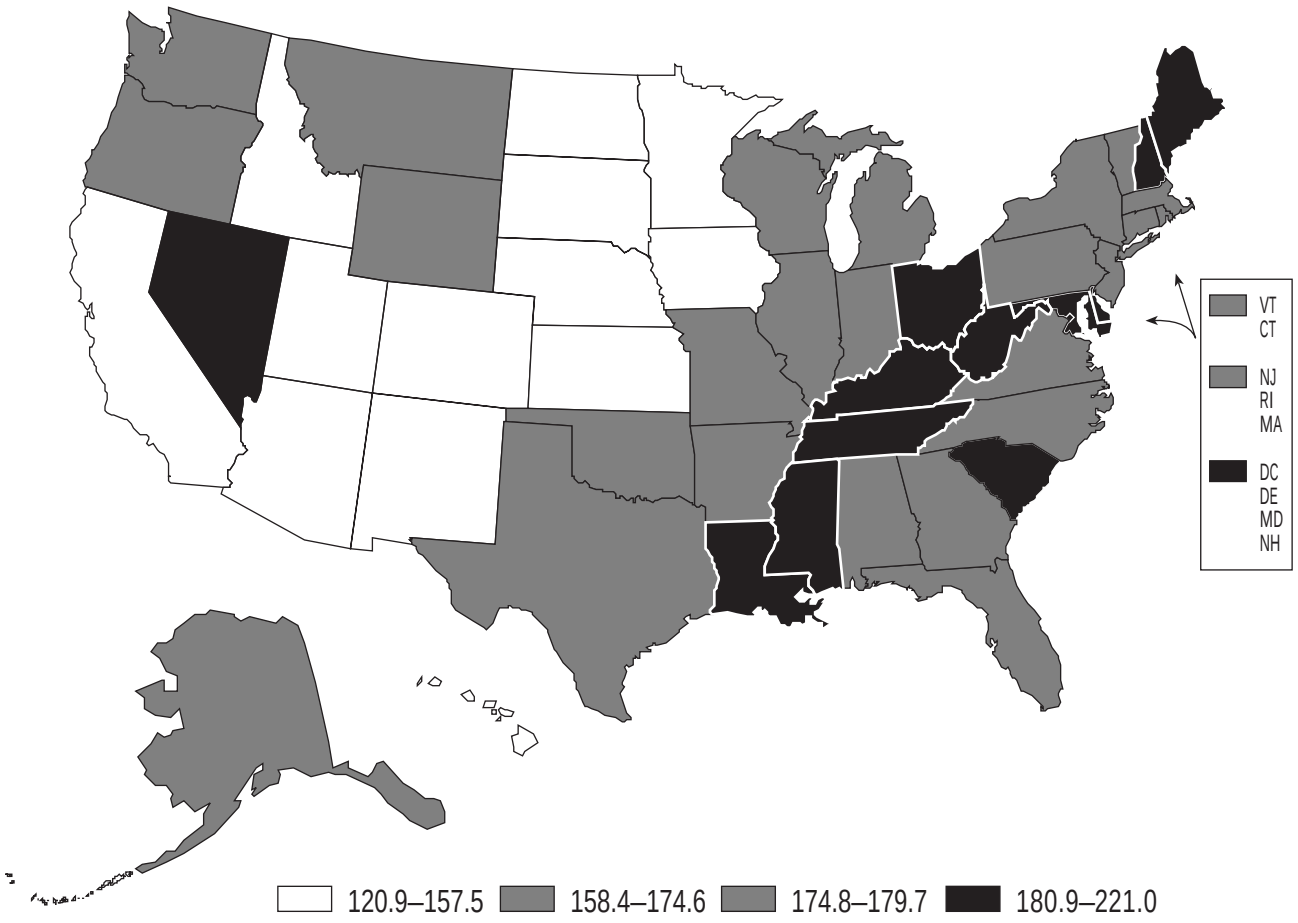
* ICD-9 codes: 430-438
**All data are age adjusted, 1970 total U.S. population.

United States: All Cancers

Cancer is the second most common cause of death in the United States. The National Cancer Institute estimates that approximately 7.4 million Americans alive today have a history of cancer. Reducing the nation's cancer burden means reducing the prevalence of modifiable risk behaviors (e.g., tobacco use, poor nutrition, and sun exposure) and ensuring that screening services are available for the early detection of cancers for which effective follow-up exists.

- One of every four deaths in the United States is from cancer; more than 500,000 Americans died of cancer in 1995.
- Almost half of all deaths caused by cancer occur among women — more than 256,000 deaths in 1995.
- The National Cancer Institute estimates that the overall cost of cancer in the United States is $104 billion; this estimate includes health care costs, cost of lost productivity, and mortality costs.
- All cancers caused by cigarette smoking could be prevented. Instead, 170,000 Americans will lose their lives to tobacco-related cancer this year.

All Cancers: 1995 Death Rate per 100,000 Population*



* All data are age adjusted, 1970 total U.S. population.

Rates of Death Due to All Cancers,* 1995**

Rank	State	Deaths per 100,000	Rank	State	Deaths per 100,000
1	District of Columbia	221.0	27	Alaska	174.6
2	Louisiana	197.8	28	Michigan	174.4
3	Delaware	191.9	29	Vermont	171.3
4	Kentucky	189.4	30	Oklahoma	170.9
5	Maryland	188.0	31	New York	168.9
6	Maine	187.6	32	Texas	166.3
7	West Virginia	185.6	33	Florida	165.4
8	South Carolina	183.1	34	Oregon	164.7
9	New Hampshire	182.9	35	Connecticut	163.2
10	Nevada	182.7	36	Wisconsin	159.9
11	Mississippi	182.0	37	Montana	159.3
12	Tennessee	181.3	38	Washington	158.4
13	Ohio	180.9	39	North Dakota	157.5
14	New Jersey	179.7	40	Kansas	156.9
15	Alabama	179.5	41	Arizona	155.3
16	Arkansas	179.1	42	Minnesota	155.2
17	Virginia	178.7	43	California	154.6
18	Indiana	178.0	43	Nebraska	154.6
19	Wyoming	177.6	45	South Dakota	152.3
20	Rhode Island	177.5	46	Iowa	151.4
21	Massachusetts	177.4	47	Idaho	148.2
22	Georgia	177.0	48	New Mexico	147.9
23	North Carolina	175.9	49	Colorado	142.7
24	Missouri	175.8	50	Hawaii	138.1
25	Illinois	175.2	51	Utah	120.9
26	Pennsylvania	174.8			

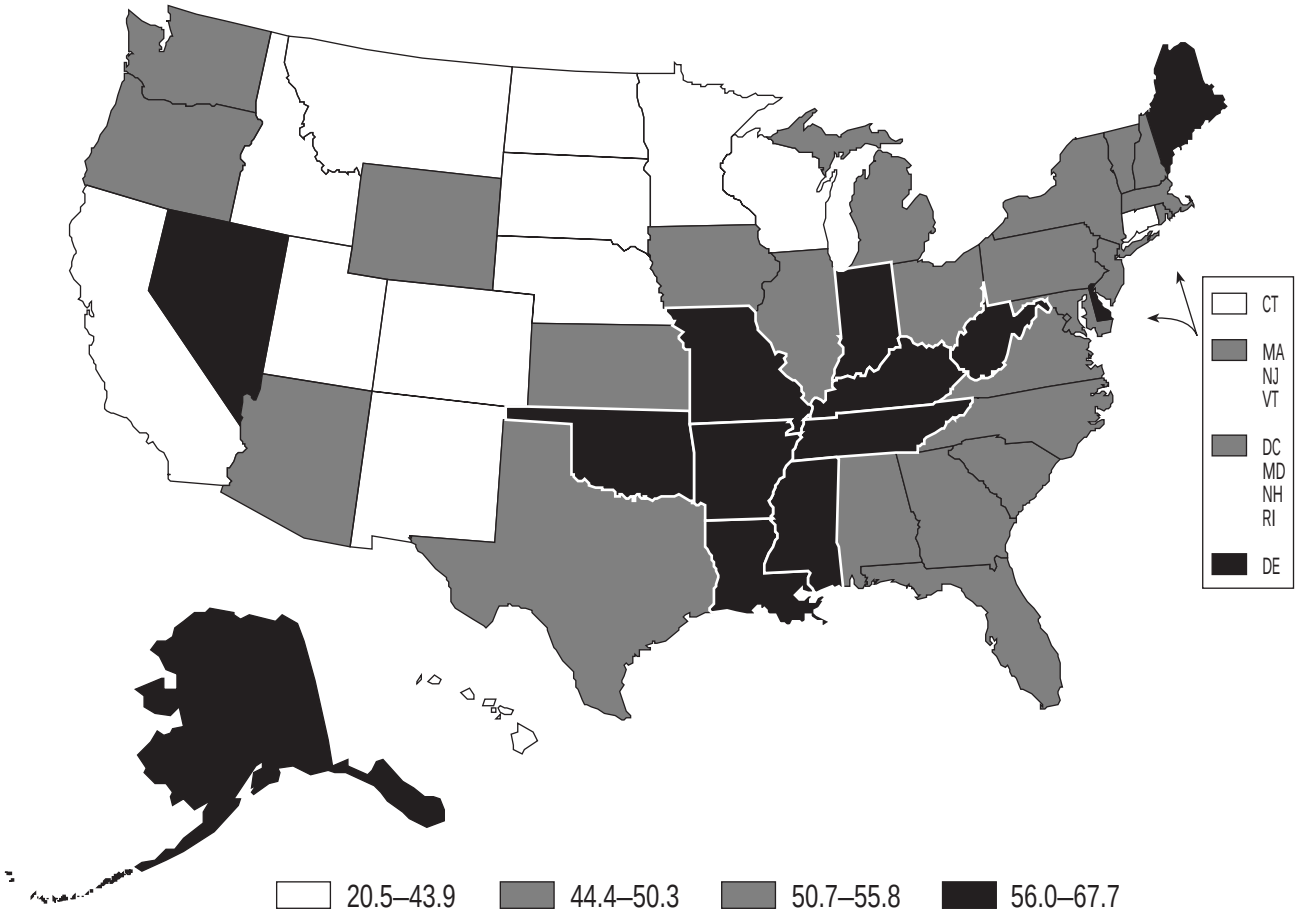
* ICD-9 codes: 140-208
**All data are age adjusted, 1970 total U.S. population.

United States: Lung Cancer

Lung cancer is the leading cause of cancer-related deaths in the United States. A single behavior — cigarette smoking — is responsible for more than 85% of lung cancer cases. Preventing and reducing cigarette smoking are key to reducing illness and death from lung cancer.

- Lung cancer accounts for 28% of all cancer deaths; more than 150,000 people died of lung cancer in 1995.
- Men have higher lung cancer death rates than women: more than 60% of lung cancer deaths are among men.
- Lung cancer has surpassed breast cancer as the leading cause of cancer death among women.
- The American Cancer Society estimates that 178,000 new cases of lung cancer will be diagnosed in 1997.

Lung Cancer: 1995 Death Rate per 100,000 Population*



* All data are age adjusted, 1970 total U.S. population.

Rates of Death Due to Lung Cancer,* 1995**

Rank	State	Deaths per 100,000	Rank	State	Deaths per 100,000
1	Kentucky	67.7	27	Texas	50.3
2	Arkansas	61.6	28	Massachusetts	49.0
3	Maine	60.6	29	Wyoming	48.6
3	West Virginia	60.6	30	Oregon	48.5
5	Louisiana	59.5	30	Pennsylvania	48.5
6	Tennessee	59.3	32	New Jersey	47.1
7	Delaware	58.7	33	Washington	46.6
8	Alaska	57.4	34	Vermont	46.1
9	Oklahoma	57.1	35	Iowa	45.1
10	Nevada	57.0	36	Kansas	44.8
11	Mississippi	56.1	37	Arizona	44.5
11	Missouri	56.1	38	New York	44.4
13	Indiana	56.0	39	Connecticut	43.9
14	Georgia	55.8	40	Montana	43.8
15	District of Columbia	55.4	41	California	42.4
16	Ohio	54.9	41	North Dakota	42.4
17	Maryland	54.8	43	Nebraska	41.9
18	Virginia	54.1	44	Wisconsin	40.7
19	Alabama	53.2	45	Minnesota	39.8
20	South Carolina	52.9	46	South Dakota	39.5
21	North Carolina	52.7	47	Idaho	37.2
22	New Hampshire	52.6	48	New Mexico	35.1
23	Rhode Island	52.1	49	Colorado	35.0
24	Michigan	51.8	50	Hawaii	34.4
25	Florida	51.1	51	Utah	20.5
26	Illinois	50.7			

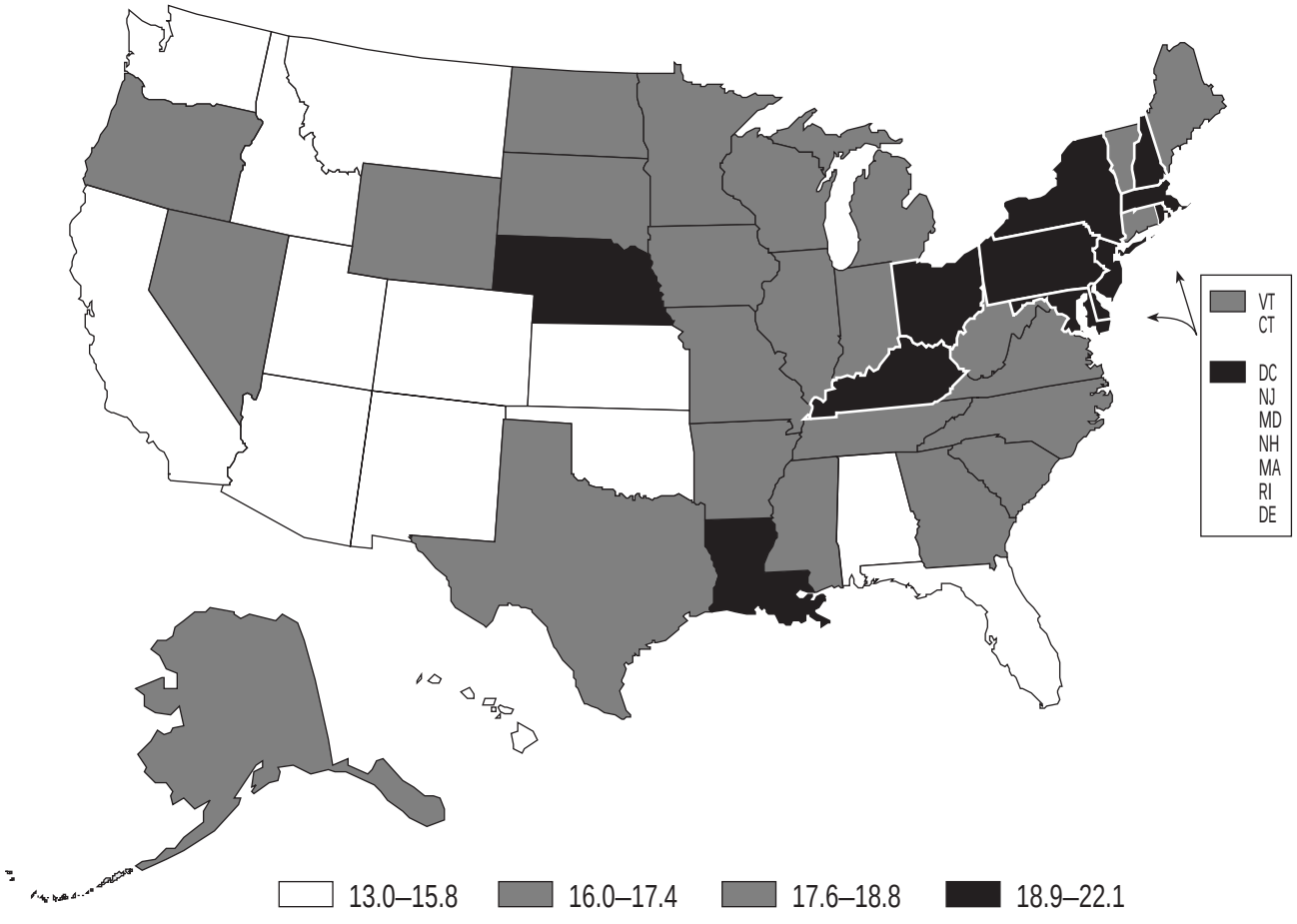
* ICD codes: 162.2-162.9
**All data are age adjusted, 1970 total U.S. population.

United States: Colorectal Cancer

Colorectal cancer is the second leading cause of cancer-related deaths in the United States, accounting for about 10% of all cancer deaths. People who are older than age 50, who have had colon polyps, or who have a family history of colorectal cancer are at higher risk. In addition, individuals who have unhealthy diets (especially diets high in saturated fat and low in vegetables and high-fiber grains) and those who are physically inactive may also be at increased risk. Sigmoidoscopy and the fecal occult blood test are effective screening tools for detecting colorectal cancer early, when treatment is most effective. However, the great majority of adults older than age 50 have not followed recommended guidelines for using these screening tests.

- Colorectal cancer killed almost 58,000 Americans in 1995.
- Colorectal cancer death rates were 44% higher among men than women in 1995.
- Death rates from colorectal cancer were 36% higher among blacks than whites in 1995.

Colorectal Cancer: 1995 Death Rate per 100,000 Population*



* All data are age adjusted, 1970 total U.S. population.

Rates of Death Due to Colorectal Cancer,* 1995**

Rank	State	Deaths per 100,000	Rank	State	Deaths per 100,000
1	District of Columbia	22.1	26	Vermont	17.4
2	New Jersey	20.6	28	Iowa	17.3
3	Maryland	20.5	28	South Dakota	17.3
3	New Hampshire	20.5	30	Wisconsin	17.2
5	Pennsylvania	19.8	31	Minnesota	16.9
6	Massachusetts	19.7	31	Mississippi	16.9
7	Louisiana	19.6	33	Connecticut	16.8
7	Nebraska	19.6	34	Arkansas	16.6
7	Rhode Island	19.6	35	Oregon	16.5
10	New York	19.5	36	Georgia	16.4
10	Ohio	19.5	37	Nevada	16.1
12	Delaware	19.4	38	Texas	16.0
13	Kentucky	18.9	39	Florida	15.8
14	Illinois	18.8	39	Kansas	15.8
14	Wyoming	18.8	41	Oklahoma	15.3
16	Indiana	18.7	42	Montana	15.1
16	North Dakota	18.7	42	New Mexico	15.1
18	Maine	18.5	44	California	15.0
19	Missouri	18.3	44	Washington	15.0
19	West Virginia	18.3	46	Arizona	14.7
21	South Carolina	18.2	47	Alabama	14.6
22	North Carolina	18.1	48	Colorado	14.3
23	Michigan	17.9	49	Hawaii	14.2
24	Virginia	17.8	49	Utah	14.2
25	Tennessee	17.6	51	Idaho	13.0
26	Alaska	17.4			

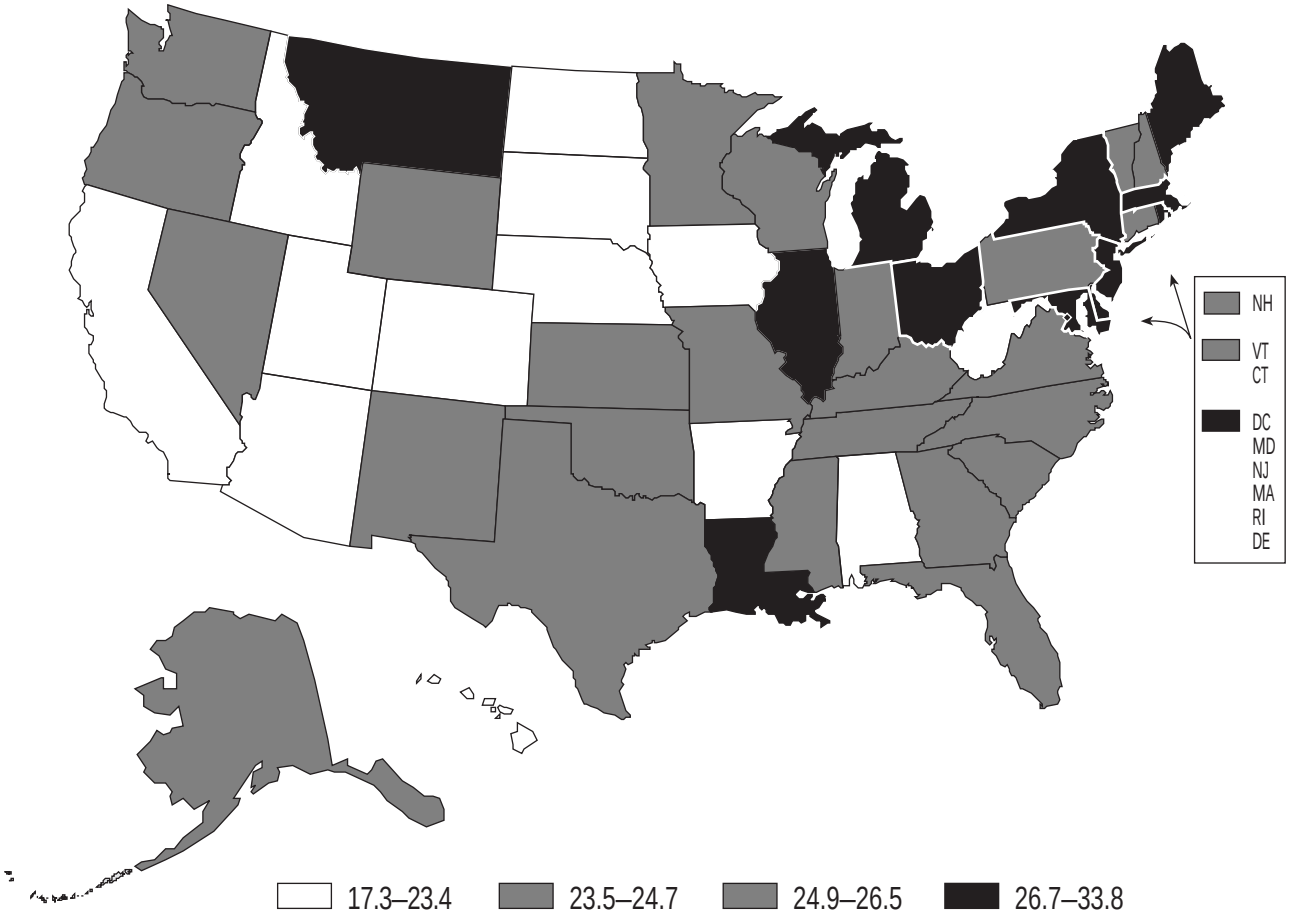
* ICD-9 codes: 153-154.1, 159.0
**All data are age adjusted, 1970 total U.S. population.

United States: Breast Cancer Among Women

Breast cancer is the second most common cause of cancer-related deaths among women in the United States; almost 30% of newly diagnosed cancers are of the breast. Among the risk factors are older age, later age at birth of first child, and family history of breast cancer. Mammography is the most effective method for early detection of breast cancer.

- In 1995, approximately 44,000 U.S. women died of breast cancer.
- During the 1990s, almost 2 million American women will be diagnosed with breast cancer, and one-fourth will die of this disease.
- In 1995, breast cancer death rates were 28% higher among black women than among white women.
- Eighty percent of all cases of breast cancer are among women aged 50 years and older.
- About 30% of deaths from breast cancer could be prevented if women aged 50 years and older received regular mammograms for early detection.

Breast Cancer Among Women: 1995 Death Rate per 100,000 Population*



* All data are age adjusted, 1970 total U.S. population.

Rates of Death Due to Breast Cancer* Among Women, 1995**

Rank	State	Deaths per 100,000	Rank	State	Deaths per 100,000
1	District of Columbia	33.8	27	Nevada	24.7
2	Montana	28.5	28	Oklahoma	24.6
3	Maryland	28.0	29	Washington	24.3
4	Louisiana	27.9	30	Kentucky	24.2
5	Massachusetts	27.6	31	Kansas	24.1
5	New Jersey	27.6	31	Oregon	24.1
7	Michigan	27.5	33	Georgia	24.0
7	New York	27.5	34	Mississippi	23.9
9	Rhode Island	27.4	35	Texas	23.8
10	Delaware	27.2	35	Wisconsin	23.8
11	Maine	26.8	37	Alaska	23.5
12	Illinois	26.7	37	New Hampshire	23.5
12	Ohio	26.7	39	California	23.4
14	Pennsylvania	26.5	40	Nebraska	23.3
14	South Carolina	26.5	41	Arkansas	23.0
16	Missouri	26.4	42	Alabama	22.7
17	Connecticut	26.3	43	North Dakota	22.5
17	Vermont	26.3	43	West Virginia	22.5
19	New Mexico	26.1	45	Idaho	22.3
19	Virginia	26.1	45	Iowa	22.3
21	Minnesota	25.8	45	South Dakota	22.3
21	Wyoming	25.8	48	Colorado	22.2
23	Indiana	25.3	49	Utah	21.7
24	Tennessee	25.2	50	Arizona	20.8
25	North Carolina	25.1	51	Hawaii	17.3
26	Florida	24.9			

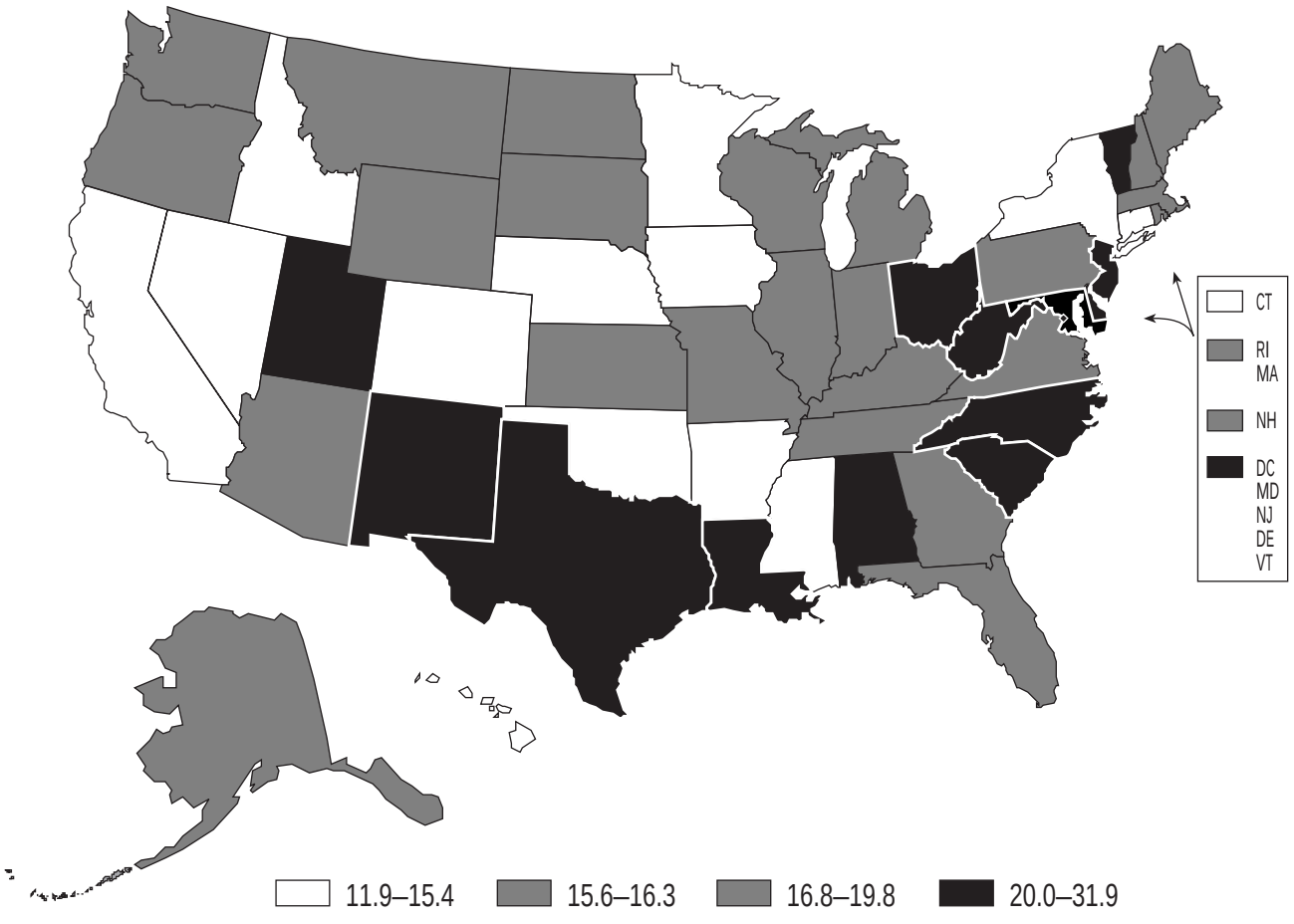
* ICD-9 code: 174
**All data are age adjusted, 1970 total U.S. population.

United States: Diabetes

Diabetes contributes to thousands of deaths each year. Much of the burden of diabetes could be prevented with early detection, improved delivery of care, and diabetes self-management education. Individuals with diabetes are at increased risk for heart disease, blindness, kidney failure, and lower extremity amputation not related to injury.

- About 16 million people in the United States have diabetes, and millions of these people are unaware that they have the disease.
- Diabetes contributed to the deaths of 187,800 Americans in 1995.
- More than 10% of older adults have been diagnosed with diabetes.
- The prevalence of diabetes among various American Indian tribes ranges from 5% to 50%.
- The American Diabetes Association estimates that diabetes costs this nation more than $92 billion annually in medical care and lost wages.
- Diabetes is believed to be underreported on death certificates, both as a condition and as a cause of death.

Diabetes: 1995 Death Rate per 100,000 Population*



* All data are age adjusted, 1970 total U.S. population.

Rates of Death Due to Diabetes,* 1995**

Rank	State	Deaths per 100,000	Rank	State	Deaths per 100,000
1	District of Columbia	31.9	27	Kansas	16.3
2	Louisiana	31.0	27	Rhode Island	16.3
3	Maryland	24.8	27	South Dakota	16.3
4	South Carolina	24.7	27	Virginia	16.3
5	New Mexico	23.9	31	Georgia	16.2
6	Texas	23.6	31	North Dakota	16.2
7	New Jersey	23.1	31	Washington	16.2
8	Ohio	22.9	34	Oregon	15.9
8	Utah	22.9	35	Arizona	15.7
10	West Virginia	22.6	35	Florida	15.7
11	Delaware	21.8	35	Wisconsin	15.7
12	Alabama	21.1	38	Massachusetts	15.6
13	North Carolina	20.0	39	Arkansas	15.4
13	Vermont	20.0	40	California	15.0
15	Wyoming	19.8	40	New York	15.0
16	Kentucky	19.7	42	Mississippi	14.9
17	Alaska	19.3	43	Oklahoma	14.8
17	Michigan	19.3	44	Idaho	14.6
19	Indiana	19.2	45	Nevada	14.4
20	New Hampshire	18.9	46	Minnesota	14.1
20	Pennsylvania	18.9	47	Iowa	14.0
22	Maine	18.7	48	Colorado	13.5
23	Tennessee	18.5	49	Connecticut	13.1
24	Illinois	17.9	50	Hawaii	12.4
25	Montana	17.8	51	Nebraska	11.9
26	Missouri	16.8			

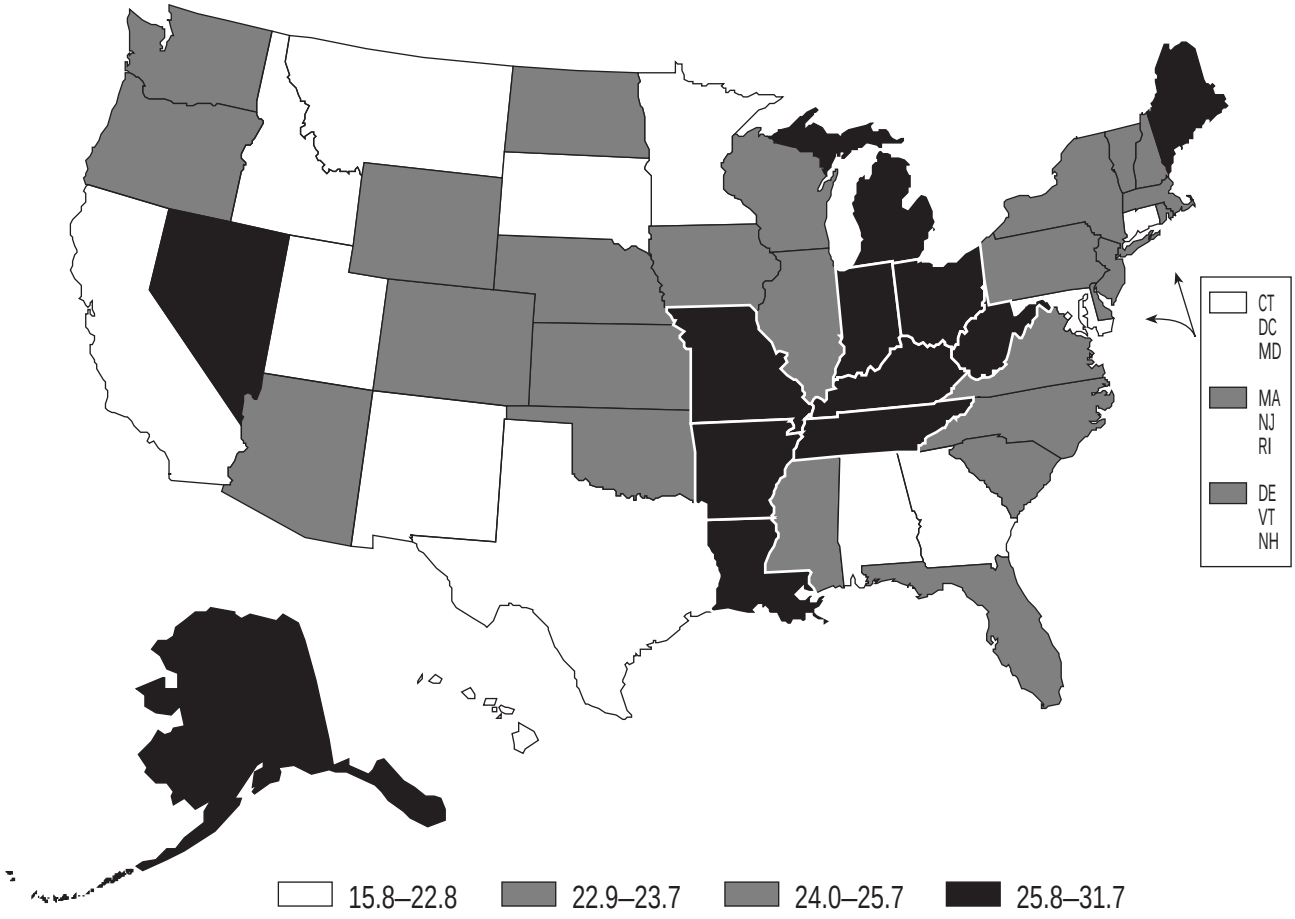
* ICD-9 code: 250
**All data are age adjusted, 1970 total U.S. population.

United States: Cigarette Smoking Among Adults

Tobacco use is the single most preventable cause of death and disease in the United States. Tobacco use increases the risk for lung and other cancers and for cardiovascular and respiratory diseases. Smoking cessation has major and immediate health benefits for men and women of all ages, regardless of whether they have smoking-related disease.

- Cigarette smoking is responsible for one of every five deaths in the United States, or more than 400,000 deaths each year.
- Cigarette smoking accounts for 87% of all lung cancer deaths, 82% of all deaths due to chronic obstructive pulmonary disease, 22% of all ischemic heart disease deaths, and 18% of stroke deaths.
- The age-adjusted prevalence of cigarette smoking in the United States in 1996 ranged from 16% in Utah to 32% in Kentucky.

Percentage of Adults Who Reported Cigarette Smoking,* 1996**



* Ever smoked at least 100 cigarettes and now smoke every day or some days.
** All data are age adjusted, 1970 total U.S. population.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

Percentage of Adults Who Reported Cigarette Smoking,* 1996**

Rank	State	Percent	Rank	State	Percent
1	Kentucky	31.7	26	Massachusetts	23.7
2	Ohio	29.5	28	New Jersey	23.6
3	Indiana	28.8	28	New York	23.6
4	Nevada	28.1	28	Oregon	23.6
5	Missouri	28.0	28	Washington	23.6
5	Tennessee	28.0	32	Colorado	23.5
7	West Virginia	27.0	33	Mississippi	23.1
8	Arkansas	26.5	33	Rhode Island	23.1
9	Alaska	26.2	35	Nebraska	23.0
10	Maine	26.1	36	Florida	22.9
11	Louisiana	25.8	36	Kansas	22.9
11	Michigan	25.8	38	New Mexico	22.8
13	New Hampshire	25.7	38	Texas	22.8
13	North Carolina	25.7	40	Alabama	22.6
15	Pennsylvania	25.3	41	Connecticut	22.2
16	Wisconsin	25.2	42	Montana	21.7
17	Illinois	25.1	43	South Dakota	21.5
18	Iowa	24.6	44	Idaho	21.3
18	Oklahoma	24.6	45	Minnesota	21.1
18	Virginia	24.6	46	District of Columbia	20.8
21	South Carolina	24.4	46	Maryland	20.8
22	Delaware	24.3	48	Georgia	19.9
22	North Dakota	24.3	49	California	18.7
24	Vermont	24.2	50	Hawaii***	17.5
25	Wyoming	24.0	51	Utah	15.8
26	Arizona	23.7			

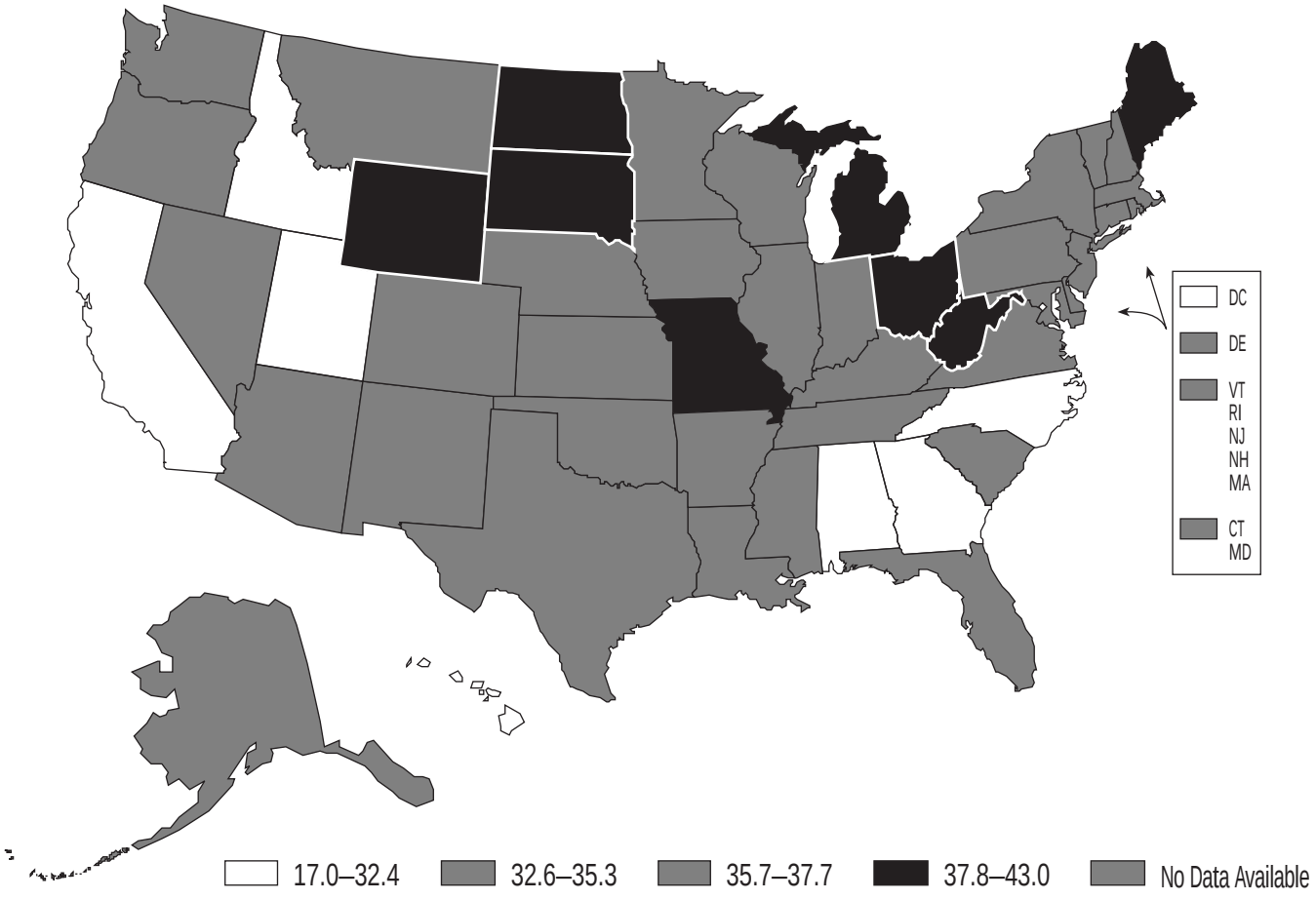
*Ever smoked at least 100 cigarettes and now smoke every day or some days.
**All data are age adjusted, 1970 total U.S. population.
***Hawaii data are from 1995.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

United States: Cigarette Smoking Among High School Students

Almost all smokers begin smoking during their teenage years, and the prevalence of cigarette smoking among young people has increased since 1991. Thus, preventing tobacco use among young people is critical to the overall goal of reducing the prevalence of smoking. Factors associated with young people using tobacco include nicotine dependence, public attitudes about smoking, tobacco marketing, peer and parental influences, and adolescents' perceptions of the functional utility of cigarettes.

- Nearly 3,000 people younger than age 18 take up cigarette smoking every day.
- If current patterns continue, one in three adolescents who are regular smokers will eventually die of a smoking-related cause.
- In 1995, 35% of high school students had smoked cigarettes in the last month.
- Male and female high school students were equally likely to smoke cigarettes in 1995.
- The prevalence of smoking among high school students in the states reporting the behavior in 1995 ranged from 17% in Utah to 43% in West Virginia.

Percentage of High School Students Who Reported Cigarette Smoking,* 1995



* Smoked cigarettes on 1 or more of the 30 days preceding the survey.
Source: CDC, Youth Risk Behavior Surveillance System.

Percentage of High School Students Who Reported Cigarette Smoking,* 1995

Rank	State	Percent	Rank	State	Percent
1	West Virginia	43.0	16	Massachusetts	35.7
2	Missouri	39.8	18	Tennessee**	35.3
3	North Dakota	39.6	19	Mississippi	35.0
4	Wyoming	39.5	20	Montana	34.8
5	Michigan**	38.8	21	Delaware**	34.5
6	Ohio**	38.5	22	Colorado	33.7
7	South Dakota	38.0	23	Nevada	32.9
8	Maine	37.8	24	South Carolina	32.6
9	Vermont	37.7	25	Hawaii	32.4
10	Nebraska**	37.5	26	North Carolina	31.3
11	Arkansas	37.2	27	Alabama	31.0
12	Rhode Island**	37.1	28	Georgia**	28.4
13	Alaska	36.5	29	Idaho**	27.1
14	New Jersey	36.1	30	California**	22.2
15	New Hampshire	36.0	31	District of Columbia**	22.0
16	Illinois	35.7	32	Utah	17.0

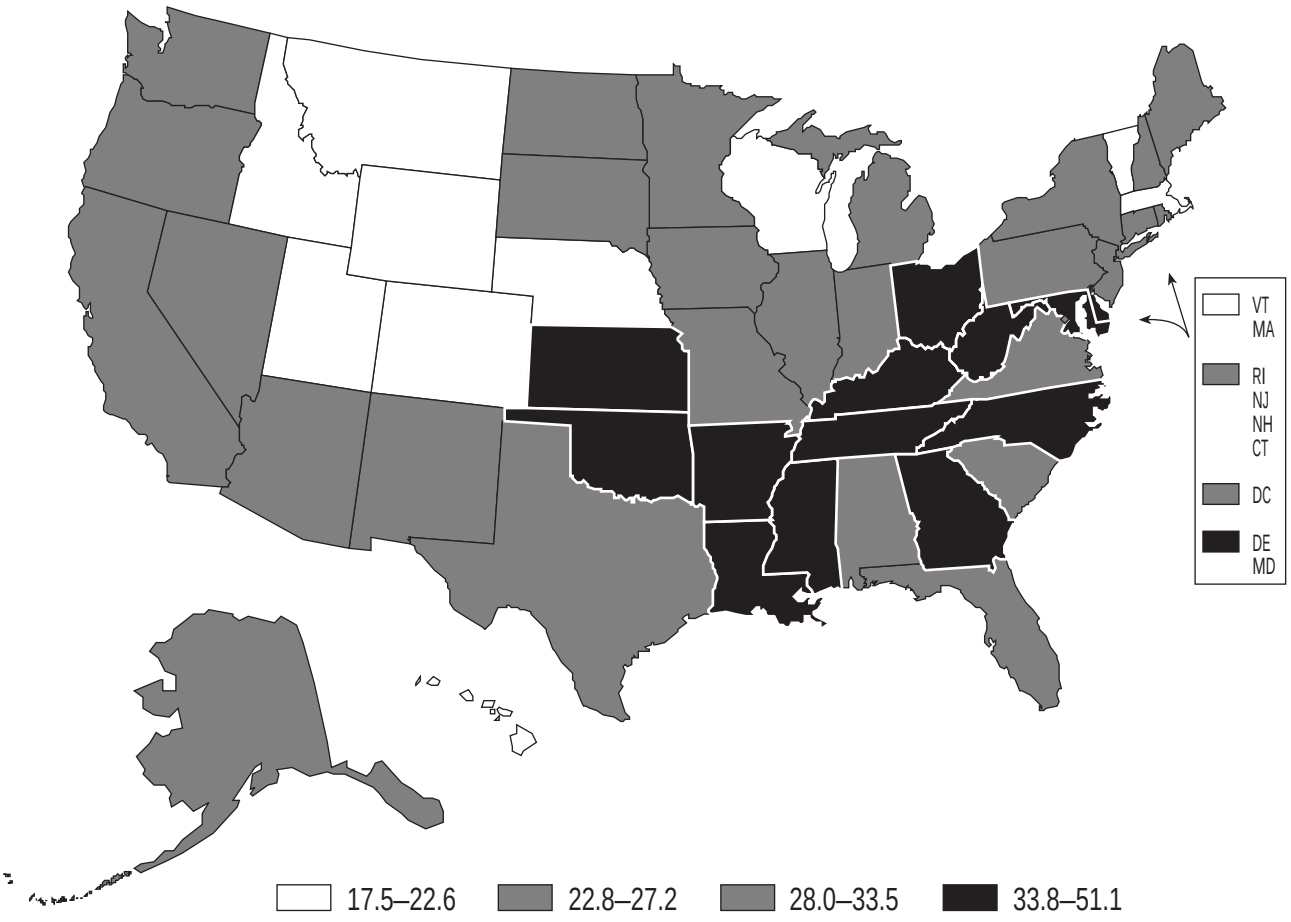
*Smoked cigarettes on 1 or more of the 30 days preceding the survey.
** Unweighted data. These surveys did not have both an overall response rate of at least 60% and appropriate documentation. Thus, these data apply only to the students participating in the survey.
Source: CDC, Youth Risk Behavior Surveillance System. 1995 data are not available for Arizona, Connecticut, Florida, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Minnesota, New Mexico, New York, Oklahoma, Oregon, Pennsylvania, Texas, Virginia, Washington, and Wisconsin.

United States: No Leisure-Time Physical Activity Among Adults

Physical activity reduces the risk of early death in general and of ischemic heart disease, high blood pressure, colon cancer, and diabetes in particular. It has also been shown to reduce the severity of arthritis symptoms. Among the other benefits of regular physical activity are improved strength and endurance, healthy bones and muscles, and weight control.

- Twenty-nine percent of adults are sedentary.
- In 1996, women were slightly more likely than men to report no leisure-time physical activity.
- The age-adjusted prevalence of no leisure-time physical activity among adults in 1996 ranged from 18% in Utah to 51% in Georgia.

Percentage of Adults Who Reported No Leisure-Time Physical Activity,* 1996**



* No exercise, recreation, or physical activity (other than regular job duties) during the previous month.
** All data are age adjusted, 1970 total U.S. population.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

Percentage of Adults Who Reported No Leisure-Time Physical Activity,* 1996**

Rank	State	Percent	Rank	State	Percent
1	Georgia	51.1	27	New Mexico	27.2
2	Kentucky	44.6	28	Florida	26.6
3	Ohio	42.9	29	Rhode Island	26.3
4	West Virginia	41.5	30	Iowa	25.9
5	North Carolina	40.4	31	Pennsylvania	25.7
6	Tennessee	39.9	32	New Jersey	25.5
7	Mississippi	38.9	33	New Hampshire	25.3
8	Oklahoma	37.1	34	Connecticut	24.8
9	Arkansas	36.4	35	Illinois	24.2
10	Delaware	35.8	36	California	23.4
11	Kansas	35.3	37	Nevada	22.9
12	Louisiana	34.7	38	Michigan	22.8
13	Maryland	33.8	38	Minnesota	22.8
14	Maine	33.5	40	Massachusetts	22.6
15	North Dakota	33.2	41	Nebraska	22.0
15	South Dakota	33.2	42	Vermont	21.4
17	Arizona	32.8	43	Wisconsin	21.2
18	Alabama	32.2	44	Colorado	20.9
19	Indiana	30.7	45	Hawaii***	20.7
20	New York	30.3	46	Idaho	20.4
21	District of Columbia	30.2	47	Wyoming	20.3
22	South Carolina	30.0	48	Montana	20.0
23	Missouri	29.9	49	Oregon	19.2
24	Virginia	29.5	50	Washinigton	18.8
25	Alaska	29.0	51	Utah	17.5
26	Texas	28.0			

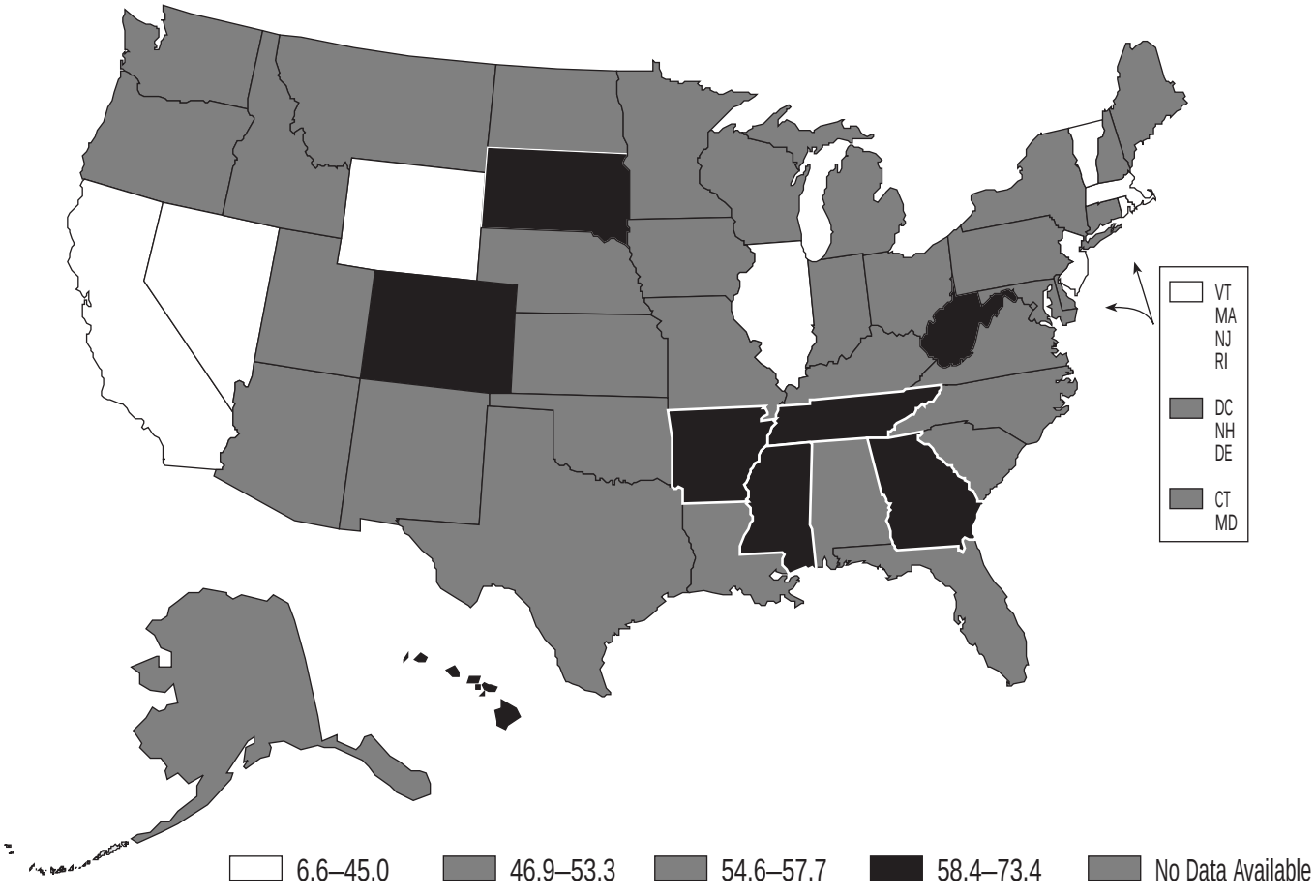
*No exercise, recreation or physical activities (other than regular job duties) during the previous month.
**All data are age adjusted, 1970 total U.S. population.
***Hawaii data are from 1994.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

United States: Lack of Enrollment in Physical Education Class Among High School Students

High school physical education (PE) classes provide an opportunity to ensure that young people have a minimal, regular amount of physical activity and to help establish physical activity patterns that may extend into adulthood.

- In 1995, 40% of high school students were not enrolled in PE class.
- Daily participation in PE classes by high school students decreased from 42% in 1991 to 25% in 1995.
- Among both male and female students, those in grades 11 and 12 are more likely not to be enrolled in PE class than those in grade 9.
- The prevalence of not being enrolled in PE class ranged from 7% in Rhode Island to 73% in Mississippi.

Percentage of High School Students Not Enrolled in Physical Education Class, 1995



Source: CDC, Youth Risk Behavior Surveillance System.

Percentage of High School Students Not Enrolled in Physical Education Class, 1995

Rank	State	Percent	Rank	State	Percent
1	Mississippi	73.4	17	Missouri	53.3
2	South Dakota	72.5	18	Alabama	51.8
3	Arkansas	67.6	19	Nebraska*	51.6
4	West Virginia	62.0	20	Alaska	48.9
5	Tennessee*	61.8	21	Utah	48.1
6	Georgia*	59.2	22	Maine	47.8
7	Colorado	58.8	23	North Dakota	47.4
8	Hawaii	58.4	24	Montana	46.9
9	Michigan*	57.7	25	Vermont	45.0
10	Idaho*	57.5	26	California*	43.6
11	North Carolina	57.2	27	Wyoming	42.0
12	South Carolina	57.0	28	Nevada	39.7
13	Ohio*	56.5	29	Illinois	20.4
14	District of Columbia*	55.7	30	Massachusetts	19.9
15	New Hampshire	55.3	31	New Jersey	11.3
16	Delaware*	54.6	32	Rhode Island*	6.6

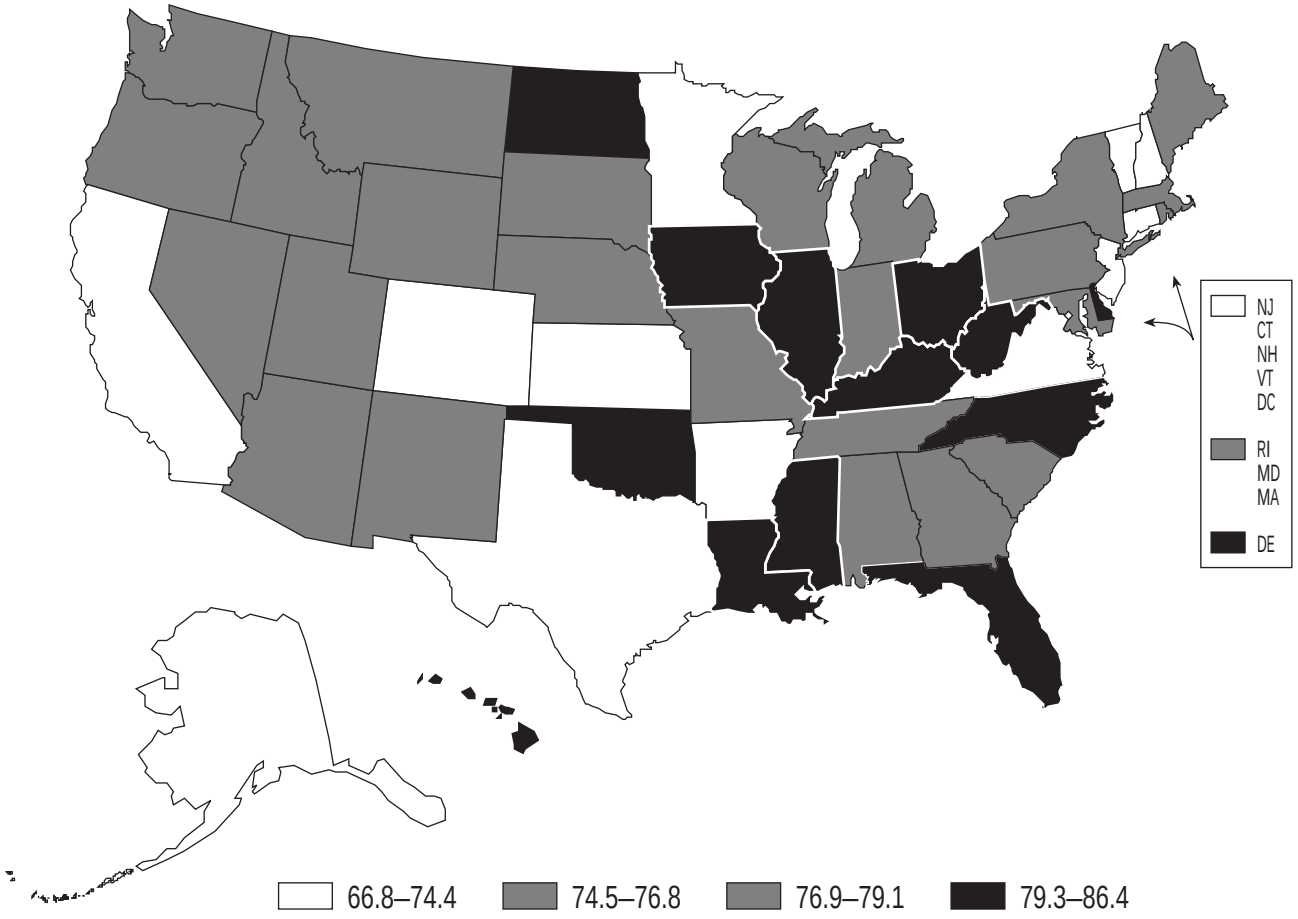
* Unweighted data. These surveys did not have both an overall response rate of at least 60% and appropriate documentation. Thus, these data apply only to the students participating in the survey.
Source: CDC, Youth Risk Behavior Surveillance System. 1995 data are not available for Arizona, Connecticut, Florida, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Minnesota, New Mexico, New York, Oklahoma, Oregon, Pennsylvania, Texas, Virginia, Washington, and Wisconsin.

United States: Poor Nutrition Among Adults

Good nutrition, including a diet that is low in saturated fats and includes five or more servings of fruits and vegetables each day, plays a key role in maintaining good health. Less than one-fourth of U.S. adults report eating recommended amounts of fruits and vegetables daily. Improving the American diet could extend productive life span and reduce the occurrence of chronic diseases, including total cardiovascular diseases, cancer, and diabetes.

- Approximately half of American adults have cholesterol levels above the desired 200 mg/dL level.
- Of all cancer deaths, 35% are attributable to dietary risk factors.
- Poor nutrition and lack of physical activity are associated with 300,000 deaths each year, making these factors second only to tobacco as a cause of death.
- In 1996, the age-adjusted prevalence of not eating recommended amounts of fruits and vegetables among adults ranged from 67% in Arkansas to 86% in Iowa and Ohio.

Percentage of Adults Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables per Day, 1996*



* All data are age adjusted, 1970 total U.S. population.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

Percentage of Adults Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables per Day, 1996*

Rank	State	Percent	Rank	State	Percent
1	Ohio	86.4	27	Georgia	76.8
2	Iowa	86.1	28	Michigan	76.6
3	Delaware	84.1	29	Arizona	76.3
4	North Carolina	83.6	29	Rhode Island	76.3
5	Oklahoma	83.5	31	South Carolina	76.0
6	Kentucky	82.7	32	Oregon	75.4
7	North Dakota	82.6	33	Wisconsin	75.2
8	Louisiana	82.0	34	New York	75.1
9	Mississippi	81.9	35	Maryland	75.0
10	West Virginia	80.4	36	Massachusetts	74.6
10	Hawaii**	80.4	36	Tennessee	74.6
12	Illinois	79.4	38	Maine	74.5
13	Florida	79.3	39	Alaska	74.4
14	Alabama	79.1	40	Virginia	74.2
15	Indiana	78.9	41	Colorado	73.7
16	New Mexico	78.6	42	New Jersey	73.6
17	Utah	78.2	43	Connecticut	73.4
18	Nebraska	78.1	44	New Hampshire	72.9
18	Nevada	78.1	45	Kansas	72.6
20	Missouri	77.5	46	Texas	72.1
21	Wyoming	77.4	47	Vermont	71.1
22	Pennsylvania	77.3	48	Minnesota	69.8
23	South Dakota	77.2	49	District of Columbia	68.1
23	Washington	77.2	50	California	68.0
25	Idaho	77.0	51	Arkansas	66.8
26	Montana	76.9			

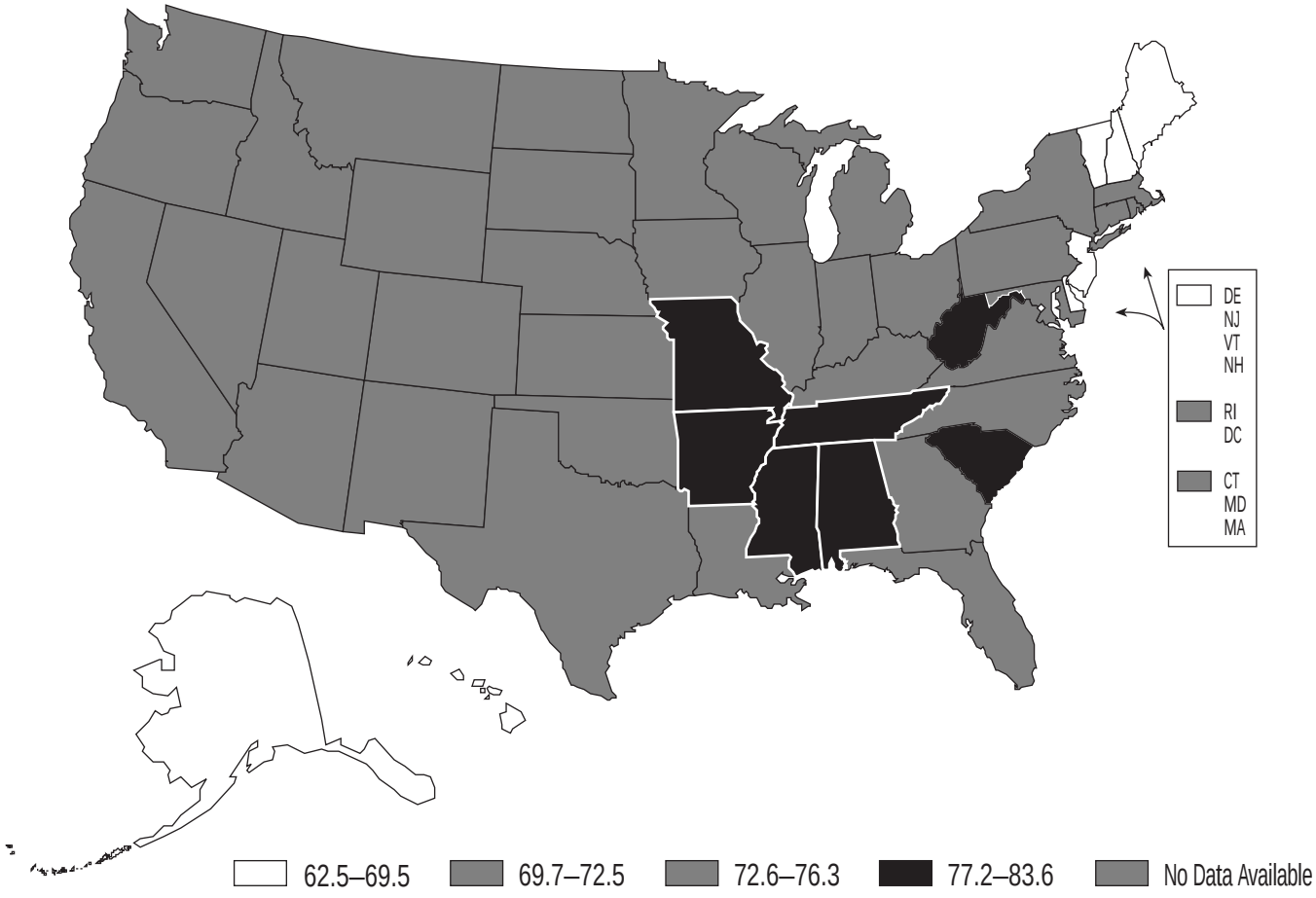
*All data are age adjusted, 1970 total U.S. population.
**Hawaii data are from 1994.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

United States: Poor Nutrition Among High School Students

Unhealthy diets (particularly those high in fat and low in fruits, vegetables, and grains) are often established during youth and may extend into adulthood, thus increasing a person's risk for cancer and other chronic diseases. Monitoring the dietary behavior of high school students is one of the objectives of the American Cancer Society's comprehensive school health education initiative.

- In 1995, 72% of U.S. high school students ate fewer than five servings of fruits and vegetables per day.
- Female students were more likely than male students not to have eaten five or more servings of fruits and vegetables in the past day.
- The prevalence of not eating five or more servings of fruits and vegetables per day among high school students in the states reporting the behavior in 1995 ranged from 62% in New Hampshire to 84% in Arkansas.

Percentage of High School Students Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables on the Day Preceding the Survey, 1995



Source: CDC, Youth Risk Behavior Surveillance System.

Percentage of High School Students Who Reported Eating Fewer Than Five Servings of Fruits and Vegetables on the Day Preceding the Survey, 1995

Rank	State	Percent	Rank	State	Percent
1	Arkansas	83.6	16	Georgia*	72.5
2	Mississippi	82.7	17	Illinois	72.1
3	South Carolina	80.2	18	Rhode Island*	71.6
4	Alabama	79.4	19	District of Columbia*	70.9
5	Tennessee*	78.7	20	Colorado	70.7
6	Missouri	77.4	21	Michigan*	70.3
7	West Virginia	77.2	22	California*	69.7
8	Nevada	76.3	23	Delaware*	69.5
9	South Dakota	76.1	24	New Jersey	69.0
10	Montana	73.8	25	Alaska	66.3
11	Nebraska*	73.3	26	Maine	65.5
12	Ohio*	73.2	27	Vermont	64.1
13	Utah	73.1	27	Hawaii	64.1
14	Idaho*	72.9	29	New Hampshire	62.5
15	Wyoming	72.6			

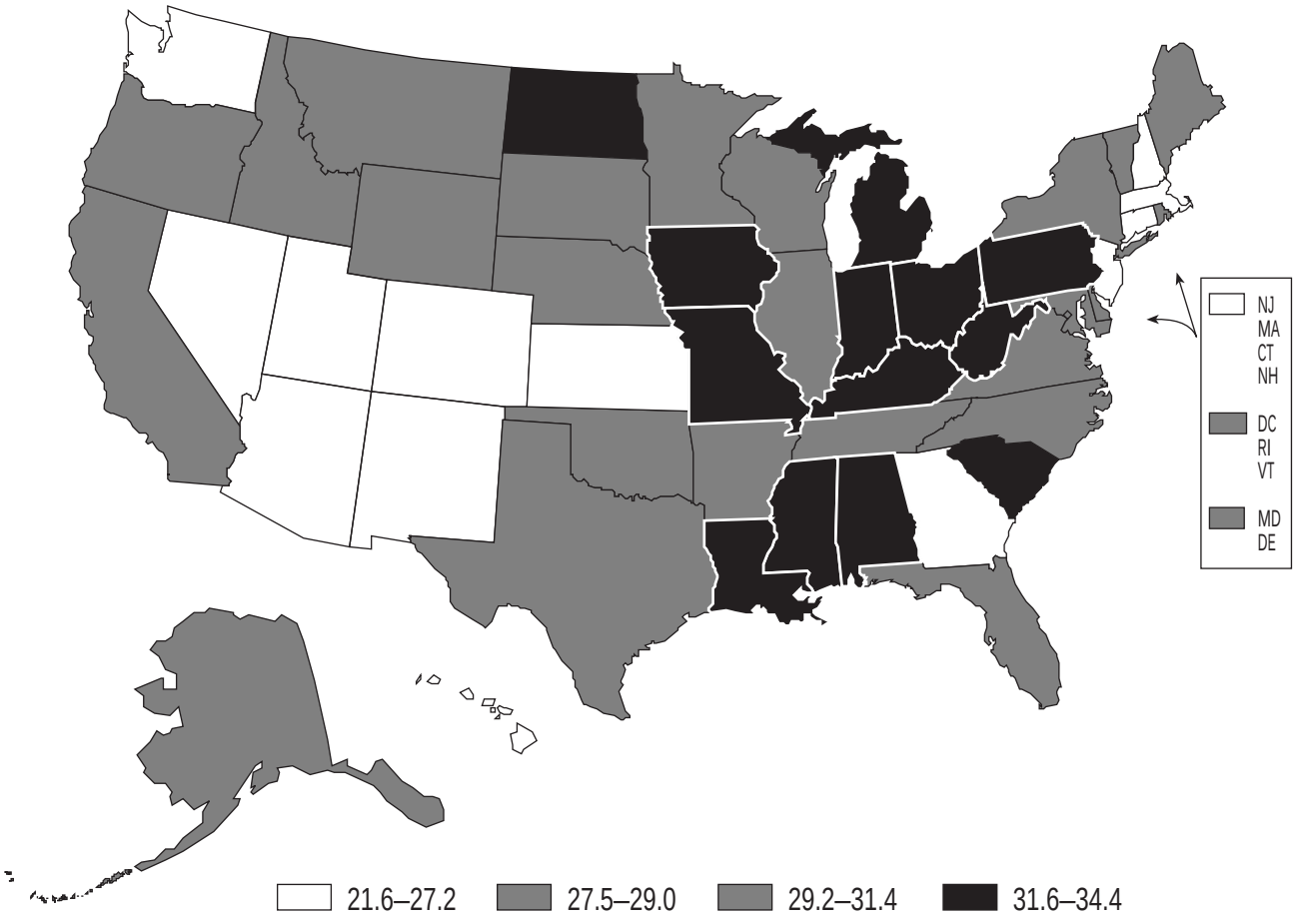
* Unweighted data. These surveys did not have both an overall response rate of at least 60% and appropriate documentation. Thus, these data apply only to the students participating in the survey.
Source: CDC, Youth Risk Behavior Surveillance System. 1995 data are not available for Arizona, Connecticut, Florida, Indiana, Iowa, Kansas, Kentucky, Louisiana, Maryland, Minnesota, New Mexico, New York, Oklahoma, Oregon, Pennsylvania, Texas, Virginia, Washington, and Wisconsin. North Dakota, North Carolina, and Massachusetts conducted surveys but did not ask these questions.

United States: Overweight Among Adults

An unhealthy diet increases a person's risk for many of the most common causes of death, including total cardiovascular diseases, cancer, and diabetes. For example, a diet high in saturated fats increases the risk of colorectal cancer, and being overweight has been shown to increase the risk of diabetes.

- More than one-third of American adults are overweight by direct measurement.
- Between 30% and 40% of ischemic heart disease deaths are attributed to obesity and high blood cholesterol.
- According to self-reports of height and weight, men are slightly more likely than women to report being overweight.
- In 1996, the age-adjusted prevalence of being overweight among adults ranged from 22% in Colorado and Hawaii to 34% in Mississippi, Ohio, and South Carolina.

Percentage of Adults Who Reported Being Overweight,* 1996**



* Body mass index ≥ 27.8 kg/m² for men and ≥ 27.3 kg/m² for women.
** All data are age adjusted, 1970 total U.S. population.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

Percentage of Adults Who Reported Being Overweight,* 1996**

Rank	State	Percent	Rank	State	Percent
1	South Carolina	34.4	26	Oklahoma	29.0
2	Mississippi	34.3	28	New York	28.8
3	Ohio	33.7	29	Montana	28.7
4	Alabama	33.3	30	District of Columbia	28.6
4	North Dakota	33.3	30	Nebraska	28.6
6	Louisiana	33.0	32	Rhode Island	28.5
7	West Virginia	32.9	33	Maine	27.8
8	Kentucky	32.8	34	Minnesota	27.7
9	Michigan	32.7	35	California	27.6
10	Missouri	32.4	35	Virginia	27.6
11	Iowa	32.2	37	Vermont	27.5
12	Indiana	32.1	37	Wyoming	27.5
13	Pennsylvania	31.6	39	New Jersey	27.2
14	Texas	31.4	40	Nevada	27.0
15	Arkansas	31.3	40	Utah	27.0
15	Delaware	31.3	42	Washington	26.9
17	North Carolina	30.6	43	New Mexico	26.7
18	Maryland	30.3	44	Connecticut	26.5
18	Tennessee	30.3	45	Massachusetts	26.4
18	Wisconsin	30.3	46	Kansas	26.0
21	Alaska	30.1	47	Arizona	25.7
22	Florida	29.8	48	New Hampshire	25.3
22	South Dakota	29.8	49	Georgia	24.1
24	Illinois	29.2	50	Colorado	22.2
24	Oregon	29.2	51	Hawaii***	21.6
26	Idaho	29.0			

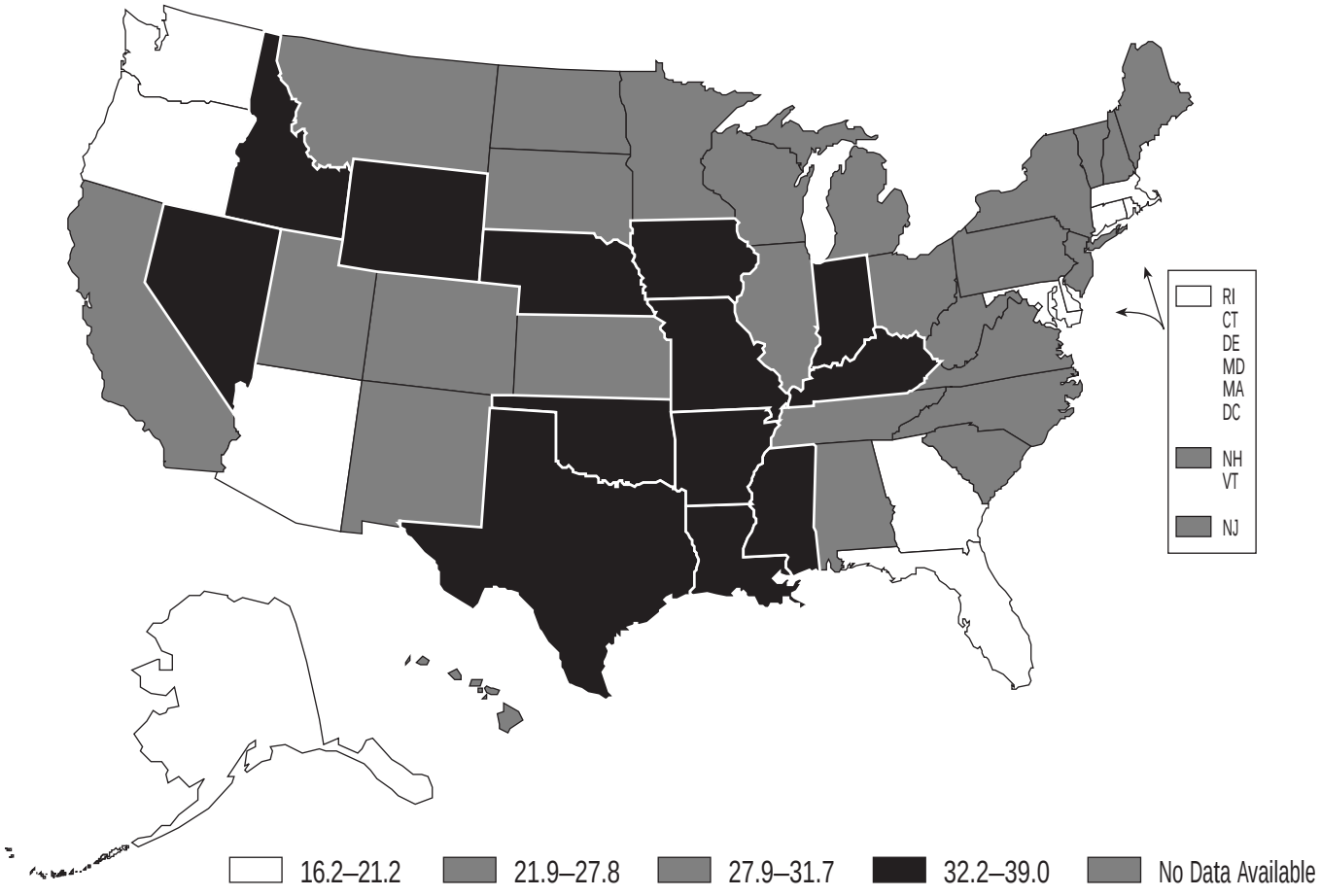
*Body mass index $\geq$ 27.8 kg/m^2 for men and $\geq$ 27.3 kg/m^2 for women.
**All data are age adjusted, 1970 total U.S. population.
***Hawaii data are from 1995.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

United States: Lack of Mammography Screening

Mammography screening (i.e., low-dose breast x-rays) is the most effective method for early detection of breast cancer. The National Cancer Institute recommends mammography every 1 to 2 years, with clinical breast examination, for women aged 40 years and older. The American Cancer Society recommends that women aged 40 and older be screened every year.

- In 1995, 20% of American women aged 40 years and older and 31% of those aged 50 and older reported that they had not had a mammogram in the past 2 years.
- In 1996, the age-adjusted prevalence of not having had a mammogram during the past 2 years among women aged 50 years and older ranged from 16% in the District of Columbia to 39% in Arkansas.

Percentage of Women Aged 50 Years and Older Who Reported Not Having Had a Mammogram in the Past 2 Years, 1996*



* All data are age adjusted, 1970 total U.S. population.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

Percentage of Women Aged 50 Years and Older Who Reported Not Having Had a Mammogram in the Past 2 Years, 1996*

Rank	State	Percent	Rank	State	Percent
1	Arkansas	39.0	27	West Virginia	27.8
2	Mississippi	38.2	28	Ohio	27.7
3	Oklahoma	37.8	29	North Carolina	26.8
4	Louisiana	37.3	30	New Hampshire	25.9
5	Iowa	36.6	31	Wisconsin	25.8
6	Kentucky	35.7	32	South Carolina	24.7
7	Wyoming	35.4	33	Michigan	24.2
8	Missouri	35.1	33	Vermont	24.2
9	Indiana	34.8	35	Maine	23.8
10	Idaho	33.4	36	Hawaii**	23.2
11	Nevada	32.7	37	Colorado	22.6
12	Texas	32.3	38	New York	21.9
13	Nebraska	32.2	39	Alaska	21.2
14	New Mexico	31.7	40	Oregon	21.1
15	Montana	31.5	41	Georgia	20.9
16	South Dakota	31.2	41	Rhode Island	20.9
17	New Jersey	31.1	43	Washington	20.7
18	Alabama	31.0	44	Connecticut	20.6
19	Tennessee	30.9	44	Florida	20.6
20	Illinois	30.3	46	Arizona	20.0
20	Pennsylvania	30.3	47	Delaware	19.8
22	North Dakota	29.1	48	Maryland	18.2
23	Utah	28.9	49	Massachusetts	17.5
24	Kansas	28.4	50	District of Columbia	16.2
25	Virginia	28.0			
26	Minnesota	27.9			

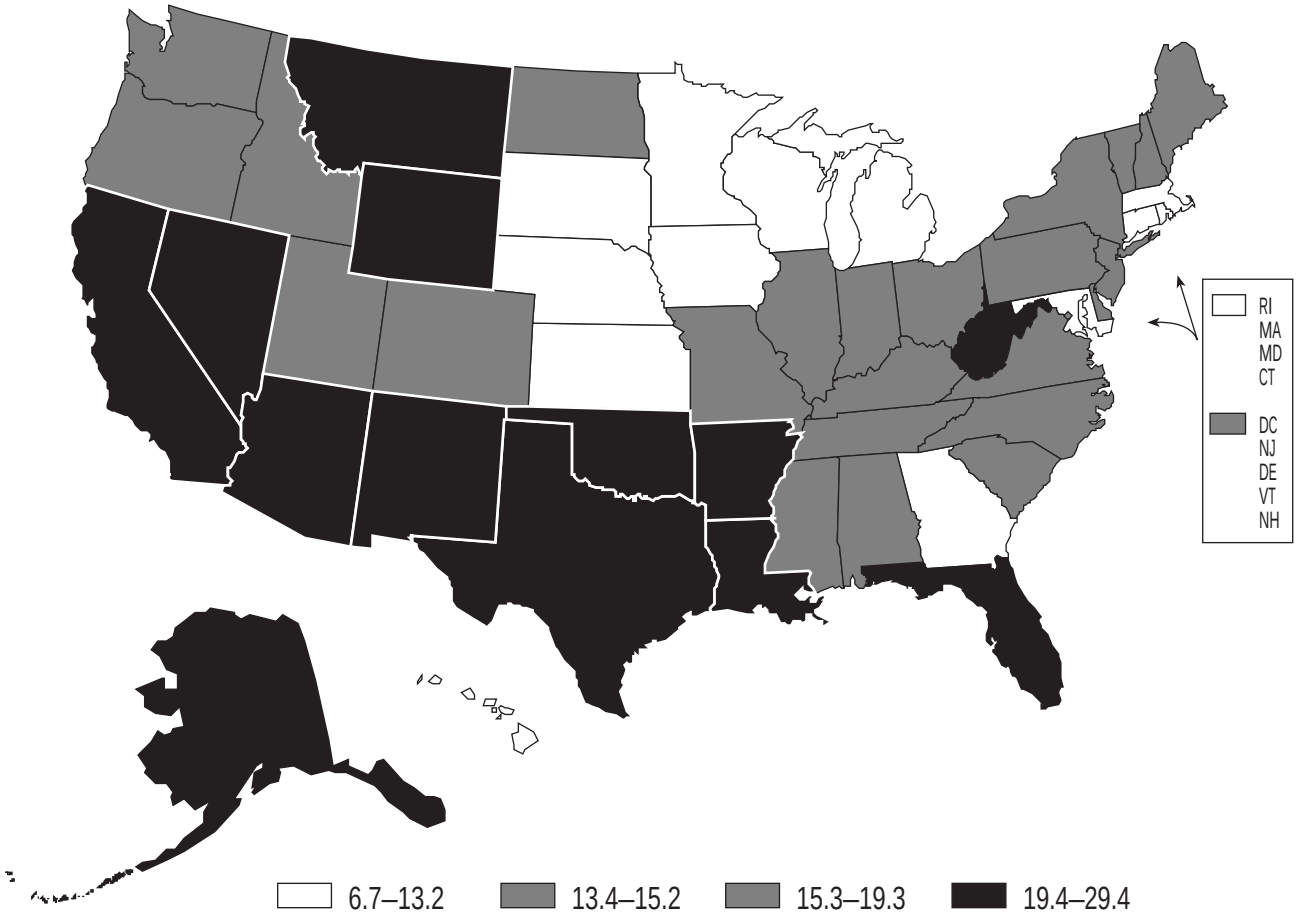
*All data are age adjusted, 1970 total U.S. population.
**Hawaii data are from 1995.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data). California data are not available because modification of survey questions on cancer screening resulted in data that are not comparable.

United States: Lack of Health Insurance

The U.S. health care system is rapidly changing. Many of these changes are related to the financing and delivery options available. As the health care system evolves, it is imperative that individuals have access to affordable, high-quality preventive services (e.g., screening for early detection).

- In 1996, men were slightly more likely than women to have no health insurance.
- The age-adjusted prevalence of having no health insurance among U.S. adults aged 18–64 years in 1996 ranged from 7% in Hawaii to 29% in Texas.

Percentage of Adults Aged 18–64 Years Who Reported Having No Health Insurance, 1996*



* All data are age adjusted, 1970 total U.S. population.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).

Percentage of Adults Aged 18–64 Years Who Reported Having No Health Insurance, 1996*

Rank	State	Percent	Rank	State	Percent
1	Texas	29.4	26	Vermont	15.2
2	Louisiana	26.9	28	Illinois	15.0
3	New Mexico	24.6	29	District of Columbia	14.7
4	Oklahoma	24.4	30	North Dakota	14.5
5	Florida	23.2	30	Washington	14.5
6	California	23.1	32	Ohio	14.3
7	West Virginia	22.6	33	Tennessee	14.2
7	Wyoming	22.6	34	New Jersey	14.0
9	Alaska	22.5	34	Pennsylvania	14.0
9	Arkansas	22.5	36	Indiana	13.8
11	Arizona	20.7	37	Utah	13.7
12	Nevada	20.4	38	Delaware	13.4
13	Montana	19.4	39	Rhode Island	13.2
14	South Carolina	19.3	40	South Dakota	13.1
15	Alabama	19.2	41	Massachusetts	12.8
16	Idaho	18.4	42	Kansas	12.7
17	Virginia	17.7	43	Iowa	12.5
18	Maine	17.6	44	Wisconsin	12.3
18	Mississippi	17.6	45	Maryland	12.0
20	Kentucky	17.5	46	Connecticut	11.7
21	Oregon	16.9	47	Georgia	11.5
22	Missouri	16.4	47	Michigan	11.5
23	Colorado	15.7	49	Nebraska	10.8
24	New York	15.5	50	Minnesota	8.3
25	North Carolina	15.3	51	Hawaii**	6.7
26	New Hampshire	15.2			

*All data are age adjusted, 1970 total U.S. population.
**Hawaii data are from 1995.
Source: CDC, Behavioral Risk Factor Surveillance System (provisional data).